The Layman's Guide to Steroids I

Mick Hart's Highly Acclaimed
Best Selling
Anabolic Steroid Guides

Mick Hart Presents:

Layman s Guide to STEROIDS

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Publications by Mick Hart to date:

The Layman's Guide To Steroids

Steroids: Laymans Guide 2

The No Bull Collection - bodybuilding magazine a worldwide publication

The Laymans Guide to Steroids
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Dedications

This book is dedicated to my late father, Anton Hart and to my oldest son Christopher, who at the time of writing is in his fifteenth year.

I remember my Fathers last words with great sadness, as they ended a friendship that could have been. Alas, this was not to happen, but in my lifetime with my children, this will be a great joy. I know you will understand.

To the remainder of my family and friends; Angela, my wife Sally & Rosie my two daughters, and of course my two sons, Christopher and Thomas, my love and thanks to you all. What patience!

And finally to myself, as great loves and achievements are not without great risk.

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Introduction

This book has been written after many requests from many trainees, clients and indeed friends simply because they wish to know at least the very basics of steroids in use today. The controversies that surround steroids today are blown so much out of proportion by the media, it is laughable in many ways. It is agreed without doubt, that the abuse of ANY drug is not the way to go and also that the young must be guided away as much as possible in the hope that they will ATTEMPT to train without the use of these aids. We cannot guarantee that things will go the way we wish them, but we can try.

It must be said, however, that it should be left with the individual, whether or not they wish to change and alter the way that they look and not the moralistic crusaders who have never trained in their lives, yet somehow seem to be able to comment on something they know sod all about - berks!

Please read on and absorb, at least, some real information on the steroid situation in Britain today.

Reader, please note that I will eventually get onto a few stacks and also a few of the most popular steroids that are currently available, OR SO I HAVE HEARD - ISH. However I must stress that the stacks that are given have been proven in battle, AND SOME and it is up to the individual to ascertain to which stack will suit them. The amounts that will be suggested were well within the limits of the people who used them, they DID NOT ABUSE their recommended dosages, many sought medical advise before, during and after their allotted therapy (mind you many M.D's were as knowledgeable as a rat with a brush up it's arse) in order that their blood pressure etc was constantly monitored. This is your right but many do not find it necessary to go to such lengths, but the chance is open to us all. More on the medical people later.

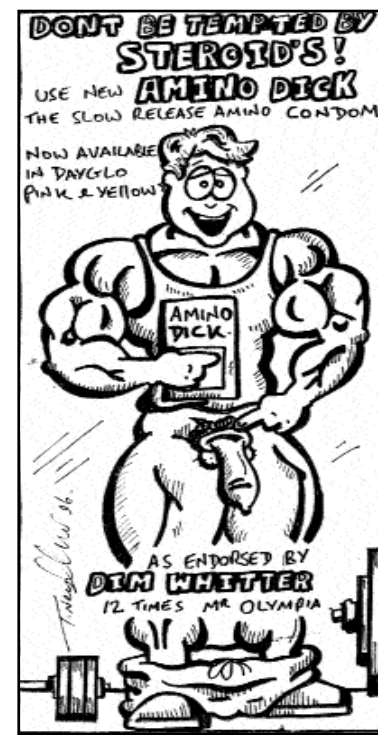
Mick Hart

Section One
Straight from the Hip

Many of the publications that we have seen of late, have given a fair and basic description of the usage of steroids in bodybuilding today and for that I suppose that a certain amount of thanks are in order - ish!

The problem with many of the publications, is that the languages that are used are not only misunderstood by most of the readers who buy them but many of the types of "gear" recommended are either counterfeits, or not available at all. This remains a problem all over the world and obtaining genuine steroids can be a real headache, but it can be overcome, believe me!

This particular publication WILL NOT be delving into the moralistic points of view that have hit the media of late because most of is absolute BULLSHIT, and the information that has been given out as a scare tactic, is done so by people who know absolutely nothing about the use of such products AT ALL. For a fact, you will NOT be able to produce the types of physiques that are portrayed in the many magazines around the world, simply by using natural methods, so we can get that straight from the start. I find it quite amusing when the commercial "Kings" of the bodybuilding world say that the stars that appear from their magazines either do not use any form of drugs whatsoever and if they did then they would be banished, never to be seen again in the muscle media until whatever bans are lifted. Again total bullshit!



The stars of today have to be very careful not to laugh when coming out with these statements because the very few who HAVE managed to build a fine physique OFF the gear are not only extremely lucky but can be regarded as "genetic freaks" themselves, agree? Do not pull these people down, no way, but I feel that the people who do take

drugs in order to further their career ought to be man (or woman) to admit it and stop the "bull" that is going around. One of the funniest thing that I love to hear is the one where the guys at the top say that they have discovered a new "steroid replacement" substitute and would like to let the world into their secret. Bollocks! The world would honestly love to hear just how much these guys are being paid for saying such bull, agree? Want to know why I regard it as such. Well there is nothing " natural" on the market that can replace steroids, nothing whatsoever.

Fact!
It is biologically impossible to reproduce the effects that synthetic steroids can bring so that puts paid to that - period. All that happens with the "replacements" is that they either increase the amino acid content in the body, which will assist growth anyway, or simply make you fat. I rest my case.

There is no doubt in most sensible thinking people, that if any form of drug is used AND abused, it can lead to life threatening situations BUT under control, they only enhance something that we wish nothing short of perfection, of that I know that you will agree. I am sure that none of us mind seeing pictures of the top stars, as it certainly inspires and influences our attitude to our workouts. What totally pisses me off, is when the bullshit is flying about!

Many of these top stars come over here, and the ones that we already have here, and preach and gospel to those who would follow (or pay laughable entry fees to start with) and then turn around and DENY that they use steroids! That is fact and you know it, why talk a load of bollocks in the first place, do they think that we are that stupid. Do you think for one moment that they are going to reveal their inner most secrets, the tricks of the trade that has helped them to reach the heights that they have, come on guys think about it for a moment. You are on your own here you know.

Lots of you guys have been in training for years now, following the ways of these Gods. Where are you at this stage. I will tell you, READING A BOOK ON STEROID INFORMATION, trying to find the damn answers and believe me they are so simple. In this book there will be no bullshit I promise, I do not care who it offends as it is about time someone, somewhere, felt a good boot up the arse every so often, I can tell you. Back to basics, we can kick some butt later on, "butt" for now we will look into a little bit of the history of what you been or are considering taking, yeah!

Where did steroids originate and when?
Explanations can get really complicated and boring but I will try to make it

easier to understand as best I can. I am not saying that you are a "gonad" but at the best of times, it really gets to me also when I have to read the same thing over and over again, but will try nonetheless. People say to me quite often, (well the ones who are no far through than a McCains Oven Chip),"..... and the Greek Olympians never took steroids and look how their bodies turned out". What a load of bull or should I say sheep, because that's just what it was that help those guys on. Cut the balls of a ram and there you have steroids in one of its purest forms, Testosterone. Okay, the sheep is not human but if you ate its nuts you would produce muscle nonetheless, and that's what they did, and it produced some fine muscle too! Wonder what the G.G.B.B.F (Greek God Bodybuilding Federation?) would have thought of that then.

Mind you, the bloody E.F.B.B and N.A.B.B.A. would have had something to say even then AND I have even heard that some of the judges are still up there on the JUDGING podium, BETCHA! God knows, the A.N.B. officials would have literally shit themselves as they do when someone says that they require a drugs test. Costs a bomb to test 'em you know so I assume they don't bother from time to time, (am I right!) hee hee.

Steroids were developed initially in order to create a positive nitrogen balance in a catabolic state, a perfect example of this would be ANOREXIA. Burns victims were definitely in line for the benefits that this new product could give and especially after major surgery, okay if you were sick, they definitely helped in a big way. They will continue to play a major part in modern medicine and so I do not know what all the fuss is about for Gods sake, we must be furthering medical science, wow, I feel like Marie Curie (sooner have Kim Basinger though)!
In the late forties, bodybuilders had by then discovered that testosterone was not just a feeling down below, no, not the good old bodybuilder. If anyone is going to find out about something like this little wonder, trust us guys.

It allowed them to train much more intensely and the aggression factor was a positive boost without doubt and the newest steroid on the market then was Dianabol which was during the early 1950's and then the race was on, especially between the Russians and the Americans to develop a better steroid than the other and assist their athletes on to even further achievements, I love it! Of course, know one admitted to it but what the hell, we have heard all that bullshit before and still are, yeah?

As bodybuilding came out of obscurity, especially in the early 1970's, the bodybuilder in his infinite wisdom started to ask more and more questions as to the tissue repair and recovery advantages that these little beauties could bring. Once they locked on to the idea, there was no stopping them, and can you blame them. Ha-way the lads! The years of training that they had behind them and the results that they had been achieving was both honorable and definitely worth the effort BUT now they were looking at results in shorter time spans AND the control of such things could and would eventually be so exact right up to the day of contest. Who in their right minds was to turn that amount of knowledge down, the daft ones, obviously! The guys were coming in at contest shape MASSIVE and those who stuck by the God-Given principles were left in the isles, sorry but that is fact.

We do look on our past heroes with great pride, no problem with that but I cannot understand why Arnold wrote in one of his books, and I quote: "There are many beginner and intermediate bodybuilders who, hearing that the champions are using steroids, believe that they too can make enormous gains by taking these drugs. But studies done on the effect of steroids do not bear this out....."

What a load of bollocks. What was he trying to tell us? Was he saying that he never took drugs? If he wants us to believe that, then he must close his eyes at night and wait for the sand man to come along. AGHHHHH!
To top it all, a year or so ago he actually admitted on T.V. in America (cannot remember the station) that he did take drugs, this was well AFTER the book was written and on the shelves. Oh I get it. Drugs worked then and now they don't, right I understand now - NOT! Come on Eileen (cue for a song there guys), er, I mean Arnold. By the way, good book, big, but good.....

Gains Attainable Today?
This varies greatly with the different steroids that are available, so we will use the good old 'Bol, or rather Dianabol, as an example for later on. I will give you

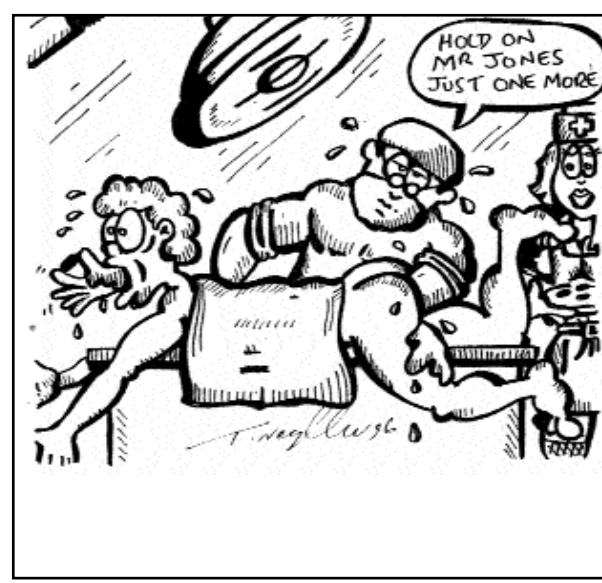
a good idea as to the type of gains this steroid can actually bring, and remember no bull-shit here, the gains that I am giving have and still are actually being reached with no problem. Your problem may occur actually attaining the good old 'Bol in it's genuine form, but here goes anyhow.
Gains not uncommon of over 20 lb per month CAN be attained along with double the strength of the user previous to them starting any course and in many cases this can be much more. The problem with Dianabol is that although it forces the body to utilise that protein that is taken in, it also can force the body to retain water, but this can be overcome with the correct

administration procedures. Dianabol is one of the great size builders and can be stacked with almost anything but it MUST be used in conjunction with a substance known as NOLVADEX or TAMOXIFEN (more on this later) and this will help to combat this problem.

Water retention is one of the side effects of steroid use, the thing to watch out for is not to increase the sodium/salt intake and the water problem will be that much easier. The input of at least 2-3 grams of Vitamin C will also help to disperse water from the body, naturally, a natural diuretic if you like. Water retention is a factor which must be taken in to consideration when choosing your therapy but again it can easily be overcome as many of the steroids that DO hold water are actually amongst the best for size and strength gains without doubt.
The low androgenic steroids are mainly used when dieting down for contest or for dieting in general as they tend not to hold water. The preferred ones at the present time are such as PRIMO DEPOT, WINSTROL V, PARABOLON, and of course, definitely good old DECA, yeehaaaa! More on the individual descriptions later guys. Many champions prefer the low androgenic gear quite a lot nowadays, for this reason. The fallacy that the low androgens will not build big physiques is again a load of bollocks and in some ways is far better, but that could be personal preference creeping in here.

It is also true though that the higher androgenic gear can and does build some real big people without doubt, okay it is more toxic to the body, yeah, but this means that the body cannot fight it off as easily and therefore growth is forced on the user. This is not as bad as it actually sounds, with careful consideration as to the type that you wish to use you should experience little in the way of side-effects so long as you adhere to the basic rules when choosing which type of application or combination of stacks that you would prefer.
This will be covered in the next section which will describe the difference between orals and injectables.

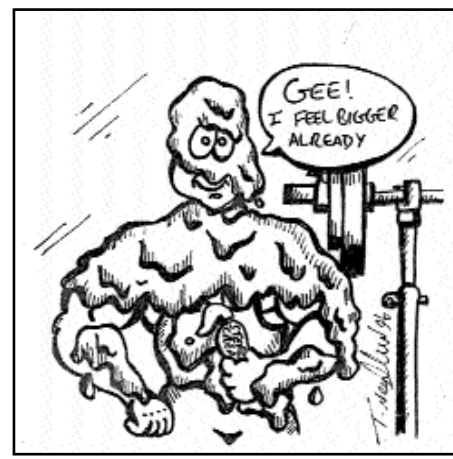
Orals or Injectables?
Orals (tablet/capsule)
Injectable (intra-muscular)
There is however a third one which we will not concern ourselves with and that is with the creams that can be applied. These are mainly for skin complaints and in order that we would use them, we would have to apply it approximately six inches thick in order to get it to work. Would not look good at the gym, I fear. One set of flyes and you would "flye" out of the window faster than crap off a hot shovel, but it is a giggle anyway. Ah well on with the show.



The orals, well that is self explanatory really, except for the fact that if on numerous tablets/capsules per day, it is best to split them up into say two or three sections throughout the day. This helps to absorb into the body at a more steadier rate.
Not all "oral-takers" can have it easy though and one quick story should put you in the picture easily. There was once a guy down at a gym years ago and he was literally a "pain in the arse". I have never turned anybody away AT ALL in my career who wishes to do well, nor have I turned anyone

away who shows any degree of determination. The plot thickens, read on.

This guy was the typical, "I cannot train without my Reeboks", type of guy. You know the sort. He just would not listen, but continued to blast away at nothing else but arms and chest, a "total nonse". Every day he would wash and press his track suit, spray it with some kind of shitty aerosol deodorant and expect people to train around him, especially us.
Normally, we would have welcomed anyone anyone into the fray, but this guy just thought he was the business. One day he approached me and said that he "obtained" some gear and he was told that he should not say anything to anyone but being the total penis that he was could have nearly broke his neck coming up the stairs of the gym, he was so eager. He did not know that he was being set up right from the start. I simply hated him, well not so much hated, I just wished that his next crap was a hedgehog with it's arms open wide holding a bunch of nails in each little cute paw. Yep that is all I thought of him. Oh, by the way, his daddy owned the gym - oops!



He was told, advised is a better word, to ask me on the Q.T, how to administer the tablets which by the way were only Vitamin E capsules. You know the sort, look something like the old liquorice torpedoes. Well I was not to miss out on advising a fellow bodybuilder was I? So I did.

He had to be in the gym the next morning and train his legs (once per month if lucky) and funnily enough, so were we! He preceded to squat but stopped after the the fourth rep. We waited until he came back from the toilet and he carried on. Three reps later he rushed to the toilet again. He came back only to have to return a couple of reps later. Eventually he sussed the situation out and stormed out of the squat room, leaving myself and my training partner absolutely no-good. I was crying so much I thought my knickers would never dry out. My partner was even worse.

The instructions that I had given to him were simple. He understood about the type of sublingual supplements that you could slip under the tongue so that they could dissolve quicker into the system, but had not heard about the new steroid that you had to slot up ones arse before squatting so that they would dissipate quicker into the legs and make them grow faster. This is what he had been doing that morning, slipping a capsule up the old hole, rushing out and attempting to squat, only to have it keep flying out as he was in the down position. It was bloody hilarious and well worth the couple of quid that he had paid for the pleasure. I can tell you that we were banned from the gym. It was worth every minute. What an arse hole, literally. My partner could not train for a couple of days, suspected rib damage. Silly but true.

Always makes me laugh when I think about that, but there is something in there if you think about it. I know that we had a laugh with a guy that had asked for it for years but even so it should make you realise that advise can come from all sources. If we had, we could have made it much more uncomfortable for the guy and he could have questioned any and all information that was given. That is what I advise you guys to do, with any type of gear.

Injectables (intra-muscular)
This is certainly the least favourite with FIRST TIME users, for obvious reasons but do not panic guys. It is in my opinion the better of the two by far. With an injection the dosage is applied directly into a large muscle group and therefore there is less toxicity directed through the liver. Again, do not start panicking as it sounds worse than it actually is but the "jabs" are less likely to be forgotten to be taken and can be controlled much easier I feel.
The following information is important, and should be absorbed seriously!

Injection sites and procedures
In no way should any oil based steroid be injected into the veins, you would be looking at serious problems if you did. The best place to stick it, is in the "bum", the glutes if you like. Target it on the top right of the right buttock, or top left of the left buttock etc. The best type to use is a "green top", sized 21G 1-1/2. This type is excellent for the oil based jabs and can be used for water based solutions also, but a good one for such as Winstrol would be the "blues". The size for these should be around 23G 1-1/4".
Always inject water based fluids, nice and slowly or you will find the fluid could just shoot right out again, take it steady. All jabs must be deep and direct, no messing about here, straight in. This area is best chosen due to the fact that it is thick and can take the jab no problem. It also has fewer nerves at this site.

Be careful NOT to get close to the lower spine as you may hit the sciatic nerve, if you do you will know you have. When you come down from the ceiling you may experience temporary paralysis of the area, but it will return, do not worry. Keep to the right and you will be okay.

Other areas to go for would be the outer side of the thigh, **DO NOT GO FOR THE INSIDE** of the thigh as there are many more veins and arteries that do not need hitting, I assure you. There are a lot of guys that actually prefer to inject into this area as they cannot seem to turn around enough to see where the jab is going. Some also inject into the shoulder (deltoid) but again it is personal choice, not for me though - ouch! This area is okay for some but if damage occurs, i.e. blood vessels ruptured, or an awkward jab, then the injury can actually cause so much pain that training is out for a time.

IMPORTANT POINTS TO WATCH FOR!
There are many important facts to take into consideration when administering an injection and if you follow the basic rules, then you will have trouble free therapy. The points to watch out for are as follows:

• **NEVER** share needles with another person - destroy after use!

• Avoid injecting into the exact same area more than more than twice per week!

Keep the area to be injected **AS CLEAN AS POSSIBLE** - use an alcoholic swab!

• Use a sharp needle every time. Avoid rubbing on the base of the vial!

• Use two needles if possible. One for pulling, one for jabbing. **STAY SHARP**

• Inject slowly, carefully and make sure the jab is all the way in. Under no circumstances should the fluid be injected just under the skin - **IT COULD ABSCESS!!**

• Do not worry about a little blood. It could be that you have caught a tiny blood vessel. Apply firm pressure to the area and it will stop.

• Do not use to fine a needle for oil-based fluids. It will take ages to inject and can cause pain!

• Keep away from the centre, lower back. This will mean that you will avoid

sciatic nerve unless you wish to break the high jump record. High and right is the rule (or left on the other cheek).

- Tap away all bubbles from the syringe, the minute ones will not cause any problems as it is an intra-muscular injection and **NOT** intra-vascular. Under no circumstances should you inject into a vein. The bubbles will rise to the top and then you can dispel any more if you wish - no problem.

Section Two

Methods of usage/stacking/pyramiding

The old favourite time limit of stacking was 6 weeks on and 6 weeks off. It worked for some, okay, but in the main it was a bit daft because no sooner had the gains started to show, than the person came off the steroid run, but it was a popular method that still is used but very seldom now for the reasons given.

The more normal time spans used today or in the region of 12 weeks give or take a couple of weeks. I am not being so specific as there is room for maneuver in most of the stacks used today, but this depends on the type of training and diet that the individual is doing at the time. Most think they are taking enough gear, when in fact their bodies are rejecting it before it is even doing any good, never mind harm!

For example, one guy told me that he was going to go on Pronabol 5, AND HARD, so that he could go through the winter phase, massive. He then told me the stack that he had planned out. He was to start on 2 per day and gradually progress up to THE BIG 6! Wow, he really was going for it in a big way, NOT! The clinical dosage for Dianabol is 50mg per day and that is on it's own. He did grow a little, but what a waste of good money. He was not going to seek out any advise as the berk that had supplied him with the gear down at the local sweat shop had obviously furnished him with enough information to get the job done, or so he thought.

If you are going to do the job, then do it properly or forget it. Remember for instance, Dianabol has been around for many years, around 40-ish, and if the old boys have not sorted out the right dosages by now, well again forget it, and if you are going to be cock sure of your information and not bother to seek out all the information needed to give all the best possible results, then you are asking for trouble, or the other side of things is that you will get sod all out of the game.

I don't give a monkeys what they used to do then, this is now. The gear that is available, well at least the genuine stuff, is so far advanced that it blows the mind with regards to results, In the next few paragraphs/pages, I will show you the most popular AND effective stack for use with good old "Bol. This com

bination is below the recommended required dosage for one simple reason. It will stack with almost anything! It could be an excellent first timers stack and will bring fairly decent results WITHOUT any of the totally "bulled up out of all proportion" side effects that we hear about so often. More on that later, but for now we will look at a ten week cycle, using DIANABOL or indeed PRONABOL 5, for that matter. Another excellent oral that is now back in force and giving some really good gains without problems. This also has been around for some time.

I will be discussing SOME of the most popular steroids that are available a little later on in this book. I will in no way be talking about steroids that you guys and girls will be pulling your hair out about, simply because you cannot get them anyway. That also pisses me off, especially when a particular steroid has totally finished AND all of a sudden it returns, tricky!!

	MON	TUES	WED	THURS	FRIDAY	SAT	SUN	Tablets
Week 1	4	4	4	4	4	4	5	29
Week 2	5	5	5	5	5	5	7	37
Week 3	7	7	7	7	7	7	7	49
Week 4	7	9	9	9	9	9	9	61
Week 5	10	10	10	10	10	10	10	70
Week 6	10	10	10	10	10	10	10	70
Week 7	9	9	9	9	9	9	7	61
Week 8	7	7	7	7	7	7	7	49
Week 9	7	5	5	5	5	5	5	37
Week 10	5	4	4	4	4	4	4	29

Suggested Cycle for use with Dianabol or Pronabol - 10 weeks only
The total amount of tablets would be 492. This would be exact to the last. It would be best to take them in three sections throughout the day, not so hard on the system.

After this cycle, It would be best to take at least four weeks off and give the body a rest from the gear. Many actually keep on throughout the year , this is not recommended, or at least wasn't until the intervention of such wonders as the oral from Spain called CLENBUTEROL (SPIROPENT) and the injectable from down under called DRIVE. These two individuals are used in slightly different ways. The CLENBUTEROL is used DURING the off period and has been proven to be able to not only maintain the size gained during previous stacks, but to also induce further gains AND promote better muscle condition to boot. Brilliant stuff, especially if it is genuine and not the stupid CLENBUTEROL lookalikes or even soundalikes for that matter. You guys know who you are - pricks!

The Drive is an oil based injectable with which you would use in addition to the cycle that you are already on. I will explain it further later but what it actually does is keep the receptor sites open so that further anabolic activity can progress. You do have to use quite a lot of it for it to work, but it does that with no problem whatsoever.

Let me explain in "The Laymans" way, about these receptor sites, as I am sick to death of reading a load of chemical and anatomical bollocks that totally confuses the best of us and no one really gives a shit after reading such things simply because most of the books written on the subject, is written by people who do not know what it does and so what, a good kick in the nuts to those who think better, often offends-hee hee!

Receptor Sites

We will talk silly figures for a little bit, the numbers do not matter in this case as I am just explaining the way it works, so sod off for a minute and let me get on with it will ya. Think of a blood stream, a vein then, and in this vein there are a hundred little hands waving about, like sea anemones, okay. Well these anemones are the receptor sites and their job is to actually catch all the protein and amino acids that pass through the blood stream on their way around the body. As the goodies pass through, each hand or anemone grabs what it can and transports it to the muscle area that is being stimulated. No, you cannot use them for that you pervies.

When steroids are introduced into the body or bloodstream, then all hell breaks loose and you end up with these little buggers multiplying by the hundreds of thousands, literally. Each one is one hard and fast little mother. They miss absolutely nothing and when it grabs hold of the protein/amino samples, they do not get away, no way! No sooner has it transported it's catch to the muscle,

it is back on the job and away again. Much the same as me really! This is one of the reasons as to why the steroids work so well. The recovery rate is increased in a massive way because the body can utilise the protein so well and quickly, that no energy is wasted. Good eh! The problem with over load on steroid receptor sites is when the body is in a constant anabolic state. You are on the gear all the time, if you like, without a break and the sea anemones have their hands full.

Having steroid free periods is really a good idea because it not only gives the "hands" a rest but also reduces the chances of any real side effects that LONG term usage can bring. I emphasis the word LONG because there is use and there is abuse. If you do not respect the gear that you are on, then you are asking for trouble. However, with the intervention of such things as genuine Clenbuterol and Drive, cycles can be lengthened with little difficulty. In some cases, with inaccurate cycles, losses of up to 30% can be experienced if one is not careful, undoing much of the hard work, and money that has been laid out. I thoroughly recommend the use of these things IF you wish to carry on during a stack. If you do, NOLVADEX/TAMOXIFEN is a must. I will explain in the individual steroid section regarding this little wonder.

Staggering methods

This method is also very popular. It is done simply by using the Dianabol stack as an example. It means that you can induce other steroids at certain times in order to enhance the properties of the one that you are already on and increase it's effectiveness. You could add say, Testosterone Cypionate or better still Sustanon 250mg after the second week, adding one shot in the week and there after, tapering it down to the last week which would be the 10th.

You could even add a shot or two of Deca on weeks 4,5,6 & 7. This would help to ease any joint pain and help develop a little more condition to the body, which is what Deca is famous for AND with little water retention.
I would like to make an important point at this stage. I know that the many books that have been written on this subject have also given example stacks of allsorts of weird and wonderful names. Bullshit again. SOME of the people who have written about this stacks have all on spelling the bloody things, ne'er mind use them. I can assure the reader of one thing WITHOUT doubt, all of the stacks mentioned in this book have been used by myself and that of my students, friends, and championship winners, with I might add, 100% spot on gains AND trophies!! We are all still damn ugly, but we are in shape. Yep, and some!

Tom Platz was once asked by a friend of mine, whilst we were all having dinner one night, (damn, name dropping again, tut, silly me, ah well) about the much publicised injection procedure that he had apparently used which was called the "Diamond method". He was to have jabbed himself in the leg in a diamond pattern, and said that it worked for him. When asked about it, he laughed and said that he had been at a seminar and was asked the proverbial about steroids. He knew he was going to get one and so told the guy about this or something to the effect. Of course it got around and after a few weeks, literally everyone was trying the same method. The thing was Tom was just kidding, and it just shows up some of the bullshit methods that come up and GET PUBLISHED.

Let me start a rumour here. I have heard that if you shove a long handled brush up your arse, put one foot on a stool, lift your right "gonad" and inject into your left elbow, I am sure that it will have some real effect, honest. It will, it should get you around three months in the local nick for being a perverted swine. Can you see my point?

Look, the stacks that are in use today are not that complicated at all. You can add steroids of different types in at all stages of therapy with no problem. The trick is to know what each steroid actually does. I will explain a perfect way of setting up your own stack with little problem. First of all, I need to explain, basically mind, the main types of steroid and how they will effect the outcome of the body.

High & Low Androgens
There are two main types of steroid and they are highly androgenic gears and of course the low. Androgens are basically responsible for the deep voice, hairy

chest, horny type of person. In short, the higher the androgens the more male characteristics they are. When a woman wishes to become a man, via a sex change etc, then they are saturated internally, with highly androgenic gear, testosterones in the main. The problem with inducing highly androgenic gear is that it can force the body to retain water, it AROMATIZES, okay. When there is an excess of androgens or testosterone in the body, this is classed as a side effect of steroid therapy. The other problem with the high stuff is that it will also induce a state of Gynecomastia otherwise known as "bitch tits" This happens when the body has an over abundance of the female hormone known as estrogen. To much of this pal, and I am afraid that you are going to be pissing on your hands, let me tell you, or should I call you madam?

When the female starts to experience the same type of effects, this is known as virilization, in short (or long if you like), she will soon be "hanging out" with the big boys. I think that you get my meaning without going on to much, okay? Now then, there is no need to panic if you find that you are on high androgenic gear, most of us are. The problems arise when the safety factors are ignored and ESPECIALLY when over-abuse and ignorance is the culprit. They won't be after reading this I can assure you. The most popular steroids, the mass builders if you like, are in the main, highly androgenic, but boy do they build muscle. Perfect examples would be; Testosterone Cypionate, Testoviron, Dianabol, Pronabol, Propionate, Heptylate and especially, Anapolon otherwise known as "Oxy 50's" The latter would put muscle on a tomato, but it is quite strong and plenty of Nolvadex and several H.C.G. jabs during the cycle, are recommended highly.

There are just a few of the very many different types available today. This type of steroid would be the basis of the stack, and for this one I will choose Sustanon 250, Organon. This steroid is actually not as androgenic as the others as it is a mixture of four different "tests" therefore reducing it's aromatisation a great deal. I choose it because it is that good AND it is highly anabolic.

We will put that into the table later. At the other end of the spectrum, would be the intervention of low androgenic steroid. The most popular, and my personal favourite is Deca-Durabolin, preferably the 100mg variety, Organon. Rare, but good. Very much a target for the bloody counterfeiters, unfortunately. This is a steroid which is perfection to say the least. Highly anabolic yet low in androgenic qualities. It will build, yet not make you feel like the Lady Bower Dam! luv it, luv it, luv it!

Okay we have two fine choices here for the combination stack here and we can

actually add one more, an oral. For this I would use Pronabol 5 as a back up, an excellent one at that. Right, now we have a stack that will build plenty of mass, both with the Sustanon and the Pronabol. The Deca will also build, but mainly condition and also, as said previously, assist in the recovery and prevention of the joints, which take a tremendous amount of hammer anyway. I will also be including the Nolvadex into the stack because it is so important and the guys (or should I say girls to be) Who ignore this would do well to listen. Oh, excuse me for a minute, my bra has slipped, damn thing, these panties do no good for me as well, back to work.

The following stack is designed from personal use and NOT taken from any other publication WHATSOEVER. I have, as already stated, used this (and many others) to full effect with excellent results. The stack WILL build a lot of muscle if it is followed to the letter and of course all safety factors are inbuilt. REMEMBER that all steroid therapy MUST be fed well. The diet MUST be full of plenty of calories built up from good wholesome food. This we will cover later in the book.

Mass Building Cycle - 10 Weeks:
Sustanon/Deca/Pronabol/Nolvadex - Stack Summary

There you have it, in full. I would recommend that 10mg of Nolvadex every day from day three of the first week. This will ensure that the estrogen levels do not get out of control and of course keep you away from wearing a skirt. The water retention will also be held back to a minimum with it's induction. You can assist the Nolvadex (or Tamoxifen) by keeping a check on your salt (sodium) intake, to much and you will find that this will also affect your bodies fluid level. The end result of too much, would be a bloated physique.

In order that you can keep a record of your own intake, I have produced your own personal chart, nice guy me! It is important that you record the date of the injections and especially the amounts of orals that you take. Orals can be a problem when trying to remember the amounts that you have taken or the worst one is when you are not sure if you actually took them at all. However, do not worry too much if you miss for some reason and take a couple too many, it will not affect the outcome to much and you will certainly not overdose as the amounts have been worked out spot on.

Mass Building Cycle - 10 Weeks - Sustanon/Deca/Pronabol/Nolvadex

	Mon	Tues	Wed	Thurs	Friday	Sat	Sun
Week: 1	1ml Sust 3 pbl	- 3 pbl	- 3 pbl	1ml Deca 3pbl	- 3 pbl	- 3 pbl	1ml Sust 3 pbl
Week: 2	- 4 pbl	- 4 pbl	1ml Deca 4 pbl	- 4 pbl	- 4 pbl	1ml Sust 4 pbl	- 4 pbl
Week: 3	- 5 pbl	1ml Deca 5 pbl	- 5 pbl	- 5 pbl	1ml Sust 5 pbl	- 5 pbl	- 5 pbl
Week: 4	1ml Deca 7 pbl	- 7 pbl	- 7 pbl	1ml Sust 7 pbl	- 7 pbl	- 7 pbl	1ml Deca 7 pbl
Week: 5	- 9 pbl	- 9 pbl	1ml Sust 9 pbl	- 9 pbl	- 9 pbl	1ml Deca 9 pbl	- 9 pbl
Week: 6	- 9 pbl	1ml Sust 9 pbl	- 9 pbl	- 9 pbl	1ml Deca 9 pbl	- 9 pbl	- 9 pbl
Week: 7	1ml Sust 7 pbl	- 7 pbl	- 7 pbl	1ml Deca 7 pbl	- 7 pbl	- 7 pbl	1ml Sust 7 pbl
Week: 8	- 5 pbl	- 5 pbl	1ml Deca 5 pbl	- 5 pbl	- 5 pbl	1ml Sust 5 pbl	- 5 pbl
Week: 9	- 4 pbl	1ml Deca 4 pbl	- 4 pbl	- 4 pbl	1ml Sust 4 pbl	- 4 pbl	- 4 pbl
Week: 10	1ml Deca 3 pbl	- 3 pbl	- 3 pbl	1ml Sust 3 pbl	- 3 pbl	- 3 pbl	1ml Deca 3 pbl

Section Three

Natural supplementation with steroids

Because of the bad press that the supplementation world has had of late, many of you have given up on vitamins and minerals, in some cases you are right. There are many bogus companies out there selling all sorts of crap, and the laws that surround this type of rip-off merchant are certainly in need of revamping. They are turning their attentions in the wrong direction, in my opinion. They say that we should not take steroids as it is not good for us, who the fuck do they think they are. Why don't they make sure that the laws surrounding the health food markets are so tight it would hurt. At least we know what we are taking when we use steroids (at least the genuine anyway). There are companies springing up who fully intend to rip us off because it is that simple for them to do, and the laws that surround their control are so lapsy daisy it stinks. Back to business.

There is no point whatsoever, giving you a long list of natural supplements, some of which will do you absolutely no good except to lighten your pocket. I will say this time and time again, stick with the basics. They will suffice more than enough towards the safety aspects and the assistance of muscle building assistance. Lets look at the ones that are considered to be the best.

Amino Acids:
Without these, we just cannot grow, PERIOD! Those who say they can obtain enough from a natural diet, WHEN ON STEROID THERAPY, are either very lucky or liars. Due to the types of lives that most of us lead today, time is of an essence and the addition of supplements may be the only way with which we can ensure a safe and sure supply of these little wonders. Protein contains the "building blocks" of human tissue which are amino acids. Our bodies break down the amino acids into new forms that can be used to promote new growth and of course, repair and maintenance functions. It is important to remember that there are eight essential amino acids, and if we consume these, then our bodies can synthesize the additional amino acids that are required for health and of course, growth.

Fair enough, we can argue till we are blue in the face as to whether or not free-form, peptide bonded or branched amino acids are better than each other, but it is fact that the peptide-bonded amino's nitrogen retaining qualities are far greater, up to 16-18 times in fact, perfect for those on steroid therapy.

Personally, I train and gain much better on the peptide bonded, as I feel my body absorbs them much easier. Again I stress that these types work better for ME personally. No one can say which will work EXACTLY right for each individual. It is up to you to find that choice by trial and error, but I would opt for the "pep's" personally.

What I can tell you though, is that the sixteen firsts and eleven second places in the last couple of years, from my students and clients, have all followed the same path, not bad eh! I can also bore the crap out of you trying to explain what each individual amino does and why; where it comes from, what it's main function is and..... see, bored already. What I will do is give you some basic notes on proteins, carbs and fats a little later on and you will benefit from that basic knowledge more than the coercion factors of the foo- foo system deflation whatsits- get my point.

General nutritional notes

The food that we eat provides all the nutrients that are essential for the following purposes:

* The building and repair work of all the cells of the human body.
* It provides the heat and energy that we need to work.
* It provides us with the heat and energy needed for the normal day to day functions of the body i.e. digestion, circulation and respiration.
* It protects the body from many forms of disease.

We already know the importance of supplementation but it is important to note that if most of the amino's, vitamins and minerals are derived from our food intake, we know that it will be assimilated in the best possible way.

Food compositions

Most of the foods that we will look at are a combination of some or all of the following substances:

* Carbohydrates
* Fats
* Proteins
* Vitamins
* Minerals
* Water

Each and every one has an important part to play in the maintenance of the general health of the body. I have categorised the different substances for your use. Please understand that most of you will know the basics, so what! Some don't, and it is for this reason the basics must be explained.

Protein - The Builder
Protein is made up of amino acids. Some of these are essential, some are regarded as nonessential. Protein foods contain a mixture of both of these types. The first class proteins have a higher content of the main essential amino's than those of the second class protein, but in reality the second class proteins actually supplements the first, but in no way does it substitute it. For instance, cereals and vegetables also contain some carbohydrates. Here are a couple of examples to back that up:

Sources
Animal foods: meats, fish , eggs, cheese & milk..... 1st Class
Cereals: barley, oats, rye, wheat & flour..... 2nd Class
Vegetables: potatoes, beans, peas, nuts & lentils..... 2nd Class

Functions
Protein provides the building bricks known as amino acids, necessary for continual growth and repair work of the body cells. Protein can, and is, often used as a source of energy. If there is an excess of protein intake, then the amount in excess of our bodies requirements for rebuilding would be converted into a source of energy. The point to watch here is, if it were not used up, it would turn to fat, but we store very little and so therefore we drastically need to take in fresh supplies daily, especially on bodybuilding programs. Double it when using the gear!

Carbohydrate - The Fuel Supply
Carbs, as they are more widely known, are a large group of food stuffs which include, sugars, starches and fibres. Chemically, they contain only the elements known as carbon, hydrogen and oxygen in the same proportion as water - 2:1. They provide us with heat and energy, and the vegetables and cereals provide us with some of the most important water soluble vitamins known as B & C.

Bodily requirements
In a well balanced diet, carbohydrates are needed daily and obviously the amount will vary greatly on the energy required. Those of us in hard training, must increase the carb levels in order to give us the power and energy that we desperately need. Anyone not in hard training and yet still persists in increasing the carb levels beyond the required needs will simply get fat and all to often in the wrong places. People on weight loss programs will have to lower the levels because of the lighter work load.

Storage
Carbohydrates are stored in the liver in the form of glycogen. A combination of many molecules of glucose and is a necessary reserve of carbohydrates. A point to be wary of is that carbohydrates can be stored as fat. Many go wrong here, be careful.

Sugars
This is 100% carbohydrate and contains no other nutrients. It should be restricted greatly in our daily food intake. We can choose fresh fruit instead of the tinned variety (syrup that is) and avoid jams, cakes, chocolates which are saturated in the stuff. Carbohydrates should never be substituted for main meals. Balance is the key.

Roughage
This is an indigestible food stuff and therefore does not supply any energy. Some sources include:
* Cereals; outer husk of whole grain cereals
* Vegetable and fruit; skins, stalks, pip and seeds e.t.c.
It's function is to add bulk to the main meal and keeps the bowels clear, I'll say, enabling the body to rid itself of waste matter easily, preventing constipation. How I said that nicely I'll never know?

Fats:
The main sources are:
* Animal; butter, lard, suet, dripping, cream and fish oils.
* Vegetable; margarine, oil, soya bean and seeds e.t.c.

It provides us with:
* Heat and energy
* Transportation and supply of the fat soluble vitamins; A, D, E & K
* The saiety to food
* The essential layers of protection for the vital organs i.e. heart, kidneys and liver e.t.c.

If excess fat is eaten it is converted to body fat resulting in obvious weight gain. Less active people should restrict their intake drastically. Steroid therapy will benefit from increased calorie input, I agree, but we wish to gain weight gradually and safely in order that they should stay permanent. Here is a basic breakdown of the different types of vitamins and minerals mainly found in foodstuffs:

Breakdown of fat solubles

* Vitamin A; needed for healthy tissue, especially that of the eyes sources - liver, fish, margarine, butter and cheese.
* Vitamin D; essential for strong bones and teeth. Assists in the absorption of calcium and for calcium to be absorbed by the bones and teeth.

Sources:

egg yolks, butter, margarine and fatty fish, but only in small amounts. The majority of vitamin D is produced by the body, by the action of sunlight on the skin.

***Vitamin E**; found in most natural foods and in it's many uses, aids the transportation of oxygen around the body, via the blood stream.

*** Vitamin K**; this is synthesized by the body.

Breakdown of water solubles

These are not stored by the body and so therefore a daily intake is needed e.g.

B Vitamins; there are many types in this group. There function is to maintain the nervous system, and there source is a wide variety of foods mainly based around cereal products.

*** Vitamin C**; it's function is necessary for the repair of tissue and healthy skin. It's many sources are found in fruit, especially blackcurrants, oranges, grapefruits and limes as samples. Vegetables, such as the dark green variety and especially brussels, potatoes and other root types, are rich in vitamin C. One point, this vitamin is particularly vulnerable to damage due to cooking. Remember this when calculating your daily dosage.

Minerals

All minerals are required in trace amounts in the body. In a well balanced diet, most of the bodies requirements are met, but the two most important minerals that are found to be kacking the most today, are the iron and calcium variety.

*** Iron**; sources are found in liver, egg yolks, red meat, dark green veggies and also flour etc. It's main function is to transport oxygen via the haemoglobin to all tissues and also to form haemoglobin in the blood. Increasing the need following blood loss or women of menstrual age.

*** Calcium**; It is essential for the correct development of nutrition of teeth and

bones, the functioning of the nerves and muscles. It also aids in blood clotting, another aspect when steroids are used as the blood can be thinned in some cases depending on the type used. It's main sources can be found in all milk products and also in dark green veg and fish.. The flour and bread we eat today, has to have calcium added by law, but we all know what they can amount to don't we!

Vitamins to combat side effects
It would be very unwise to underestimate the power of vitamins and minerals in the battle against the side effects that some steroids can bring. It is also very stupid to think that steroids do not give side effects, they do. They are not as bad as the press says, however, they would not know their arse from their elbow if it hit them in the face. All they are looking for is a story and how! Bodybuilders know all to well the side effects that steroids can bring but most know how to combat the effects quite adequately with the use of vitamins and minerals. For those who do not, read on me old cock sparra's.

Vitamin C
This is one of our best mates when on the gear, believe me. It cleans the liver, blood and kidneys and assists the detoxifying team of the body, no end, amongst many of it's other attributes. By it's actions, we can be assured that most of the minor problems can be attributed to use of the gear, and if the over abusing factors are adhered to, the problems are so minimal it is great. Vitamin C must be taken daily in order to be able to replenish the stores of the body. Everytime you go for a "jimmy riddle", you rid your body of much of the "C" stored therein. It is a water soluble vitamin and you would require at least 2-3 grams per day in order to benefit from this little wonder. Half a dozen oranges are not enough in fact you would need to eat around thirty oranges per day in order to get 1g of pure "C". My calculations would be that you would be able to crap through the eye of a needle from a distance short of 200 yards. All the free-flowing orange through the system - Ouch! You would need to get through at least 90, ouch again. Go for the tablets, PLEASE!

Vitamin B-Complex
Cop this! Have you ever suffered any of the following whilst on the gear, okay in a small way, but have you? Confusion; depression; irritability; hair loss; bad skin; poor appetite; insomnia; difficulty relaxing; constipation; sleepiness after a heavy meal; poor memory? Well maybe I have gone a few examples to far, but we can suffer from these WITHOUT the gear, I admit. The problem is that when we do use it, we are working at optimum levels and these things can happen. The B-Complex can assist in the prevention of one or all these things. B6 can

fight against water retention, bloatedness, hair loss and and muscle cramps. I rest my case.

Calcium
A good one to take as well because the bones do take a tremendous amount of hammer and anyone on Growth hormone (G.H.), this is a must as the "G" can, if over used, make the bones quite brittle. Not as bad as it sounds, but better be safe than sorry.

Multi-Vitamin
Always best to throw one of these down. Safe guarding against the lack of any vitamin or mineral is the right thing to do. The amounts are quite small, but any amount is better than none and we can never say which one EXACTLY. We may be lacking in one particular area and the multi would be a good fail-safe factor. There are a few quite strong ones on the market, I would suggest one with at least 12 vitamins and 6 minerals, this would be a good one indeed.

Points to note
It is vital to be careful when choosing supplements. There are many companies out there who would just wait around the door, grab your money and run. Much like some of the gyms that promise you the earth, just before you enrol. After you are in, you can sod off as far as they are concerned. There are many new customers like us waiting in wings. There is one thing, however, the gyms that take that little bit of time to advise on supplements and training are on the right track. Okay, they might not all know exactly what you should take, but the little bit of help does go a long way, agree. Anyhow, if you are not sure. You can always contact me, I'd be happy to help. Remember these few points from the workout professor.

Targeting the amino intake - Amino load!
One sure way with which to ensure that the aminos that you take in are being used as fast as you can is to load the body with aminos, before and immediately after the last set of the workout. This can be done by training as normal and then prepare yourself for one final set, the beauty of them all. Using the solid type tablet straight after will be a waste of time, in fact some of the tablets that are coming of the assembly lines are literally pan-bullets. They never dissolve and pass straight through the system like a porsche with greasy wheels, get my point.

Lets use the barbell curls as an example. Train the arm as normal and then after the last set, do one more, but it must be to failure. The arms will be so

gorged with blood that the amino acids will be attracted to the stimulated area like a heat seeking missile, guaranteed! This is one sure way with which to get to the middle of things. It works a treat, but you literally have to hit that last set like no other. As I have said before, the tablets are a little hard to digest and would not do the job well at all. I would suggest that you use liquid amino of your own concoction or the one that I prefer is MINAMINO ACIDS from the chancellor group. This is the only liquid amino that I would trust at the moment. The company is extremely reputable and you can be assured of excellent quality in the product. It should be proven in battle, it has been around for something like 35 years. Excellent stuff.

Amino loading tips

* Do not forget the high rep set at the end of each workout. This burns away at the glycogen level and increases efficiency of the intake of aminos.
* Opting for the liquid aminos is a good idea but you have difficulty obtaining the best type, try peptide bonded. I feel that these are better than the free form, as they are not fully utilised by the system as the former.
* Try not to carb up before the workout. Depleting the glycogen levels will help all the way. Be patient and don't panic, gains will come, slowly but surely.

Educate yourself on supplements
Seek out the reputable companies
Check out the ingredients first.
Not sure? Ask questions, it's your right.
Don't waste money. Read up on the supplements that you are planning to take!
Don't be fooled by fancy adverts, look deep, read between the lines, okay!

Section Four
Side Effects

To be perfectly honest, there are two main side effects that we can look at. They are water retention and acne. These two are mainly from over use of the heavy testosterones. The side effects can be combated if from the start several points are adhered to:

• Nolvadex or Tamoxifen should be used throughout the course

• Salt (sodium) is kept to a minimum in the diet.

• Find the suggested dosage and keep slightly under that. In many cases, more is not always the answer. Once in, it cannot be taken out.

• Supplementation as suggested earlier, must be taken - A MUST!

• Usage of liver de-toxifiers are recommended - suggest LIV 52!

During my many years in the sport, I can honestly say that I have never suffered any side effects to be worried about, in the least. Why? I have never over abused the gear and I have had the pure sense to treat such things with great respect. I know for a fact that the high androgenic gear i.e. Cypionate, Anadrol 50, Dianabol, pronabol just to mention a few, do actually produce some of the best gains. I also know that many prefer these types without question because they suffer very little or no side effects to be concerned with whatsoever, THIS IS FACT! I prefer the low androgenic gear, personally as I find that I can grow without the water retention properties that these types can give TO ME!

This is not to say that you would experience the side effects using the high androgenic gear. It depends entirely on how your body reacts towards the different types, boy the choice is massive. I have coached and trained (at the time of publication), 16 first places and 11 seconds over the last couple of years or so, all using different types. You have to find your best choice literally through trial and error. There are many pro-champions out there who use low androgenic gear all year round without any problems. There are also those who stay on the high androgenic gears all year WITHOUT any prob-

lems. Those that do have problems, simply over abuse the gear. No respect. Doing it this way is just asking for trouble. You know the dick-brained type. They never train, take massive amounts of juice, walk around FAT and stupid to boot. Their idea is to look hard and basically intimidate any and all who tend to be smaller than them, no wonder. What they do not realise, because of their shrunken brain size, is that they are asking for trouble themselves. Use of the gear without stimulating any muscle tissue at all WILL bring down all the side effects that they can think of. These people give the media all the bullets that they can fire. They are solely responsible for the bad press, I hope that their next shit is an hedgehog with it's arms open wide!

I know that the other side effects can be a problem to some, but they have been categorised already. Anyone who thinks that the more they take, the bigger they will get, constantly, will definitely reap the problems, be assured. In short the other known side effects will present no problem so long as all the pointers given earlier are adhered to with the strictest discipline. The other known side effects can be as follows:

- **Increased aggressiveness**
- **Increased appetite**
- **Increased mental intensity**
- **Increased tolerance to pain**
- **Increased libido (sex drive)**

Points 2,3, & 4 pose no problem in my eyes. Food is needed in quantity when on the gear, so this is a bonus I feel. The mental intensity, well, it is good to know what is happening around the gym complex and assists the workouts no end. Tolerance to pain; maybe a little exaggerated I think, but the fact that I can train through pressure and pain is a good thing. You will not train through that much pain that you will ignore any injuries, so no problem here.

Regarding sex drive, well, what can I say. I know that some guys have a problem with that, I cannot for the the life of me see where, but I suppose it happens. The problem lies, apparently with the women in their lives. The men all of a sudden, even very late in life, want to bonk, and the women don't. What I can say of that is, where was the problem before? What problems did they before they went on steroids? No one will say that. What they will do though is use the gear as a publicity stunt, period. The usual story is that the guy was a kitten before he used the gear, now he is a tiger. I would say that the guy had a problem before, but would not except it.

This can be looked at in the same context as for the aggression factor increases. Yes, it does increase the aggression , in some cases quite a lot, but this is when over abuse rears it's head again. Using gear such as Halotestin, Anapolon 50 and Methyl Testosterone will bump it up, so stay off it, period! The other thing is the statement that steroids will increase your killing instincts, pushing you to possibly kill someone, bollocks. If you are a pervert or a murderer you are and no steroid is going to turn you into one anyhow. If you have tendencies towards such things, you have them and that is fact. It is simple for the murderers to blame it on gear.

One important point, A few years ago, the totally brain dead guy, shot and killed quite a few people. This was a tragic event to say the least and I am very sorry for the families involved. Thankfully the bastard killed himself, but at the hearing it was said that he had taken steroids in his younger days. In his YOUNGER days I emphasise!

NBC NEW
ADOLF HITLER HAS TONIGHT BEEN CLEARED OF HIS WAR CRIMES AFTER 45 YEARS! AS NEW DNA TEST, SHOW SOME EVIDENCE OF STEROID ABUSE! SOMETIME EARLY IN HIS TEENS!
STEROID SENSATION.

The time difference between him taking steroids to the time of the killings was nearly two decades I believe. The steroid, even the oil based types, would have been out of his system, totally within 1 year at the MAXIMUM, so how can his use of steroids be attributed to the terrible things that he did. They cannot, if you are a psycho, you are a psycho, period - and no one can change that at all. It is in built.

It is easy to blame something that we know nothing about, ignorance was and is an easy excuse to blame anything at all for our short comings. It is the same things for videos, the nasty type. Don't blame the film makers, we literally ask these guy to make 'em. Blame the pricks who let the kids watch 'em. Keep them out of the way, watch them on your own and get the bloody kids in bed. Stupid morons who allow kids to watch them anyway.

Descriptions of selected steroids in use today
The following descriptions are given from some of the most popular steroids that are in use today. The list is not necessarily in order of that popularity but the explanations are from personal experience and from people who have used the same gear with great results. I am not going to bore the crap out of you by explaining about steroids that cannot be obtained in any real sense. It is usual to even bother because most of the time many of you guys will waste a lot of time and money searching for something that may not be genuine any-way. What I mean is, a lot of the steroids in some of the steroid books that have been published even show some of the steroids that they claim are counterfeit, maybe so, in their country. Quite a lot of steroids in America, that are counterfeits, come from Mexico, I rest my case. Forget that for a moment, we can discuss "counters" later. Here are a few descriptions of steroids in use today.

Orals

Anapolon/Anadrol 50 - Syntex - [oxymetholone]
This is basically "rocket fuel" A very strong oral indeed, one to be careful with as it has strong androgenic and anabolic qualities. It will definitely make you grow without doubt, but use it with caution. It is highly recommended that Nolvadex/Tamoxifen is used along side this steroid. This will help to combat the high water retaining properties that it holds. Without doubt one of the best size and strength builders on the market today.
Summary; used with care, this will build muscle, treat with disrespect, overdosing etc., problems will occur.

Andriol/Anadroxen/Nuvir/Undestor -(testosterone undecatonate)
This is without doubt one of the finest and safest steroids around today.
The capsules are red in colour and the genuine article has a code number on each one. The ones that I have used in the past have anyhow and I KNOW that they were genuine. The capsules are 40mg in size and the dosage recommended is usually around 200-250mg per day. This is high because the andriol is only in the system for approximately 8-10 hours and then dissipates. Another bonus is that although it is a testosterone, it does not seem to have the water-retaining problems that it's injectable cousins have. This is one to watch out for in the future, but watch carefully, there are many counterfeits about. Look for the organon variety.
Summary; I would give this an absolute 9 out of 10, nobodies perfect. Very safe indeed.

Anavar (oxandrolone spa)
A great favourite of many, this steroid has been around a few years. Very low androgenic and used mainly in pre-contest because of it's low water-retaining properties. Used off season, this little wonder will assist to harden and give condition to the muscle and can be stacked with almost anything at all. Alone it will not build vast amounts of muscle, but what it does build, the gains are good it comes in 5mg tablets, but be careful, it is counterfeited all over the place. I have seen the genuine only a few times this year, so watch out for it. Dosages range from 6-8 per day although it is best to pyramid the stack, build up slowly and then down.
Summary; Excellent for first timers. Excellent choice for the ladies dosage around 4-6 per day, variable. A very safe steroid to use if you tend to hold a little water.

Dianabol (methandieone)
What can we say about this one. In reality it is the best known steroid on the market, the one that the old boys first started on. Dates vary but it is said to have been around since the late forties. Some people think later, I think not. This steroid is designed to make you grow, period! The clinical dosage per day is actually 50mg per day, that would be ten tablets per day. The trick with this extremely popular steroid is to pyramid it to a peak and then come down gradually. Nolvadex/Tamoxifen is highly recommended when using Dianabol, this will help to keep the water retention down amongst many other things. The size and strength increases that can be attained on this product can be quite dramatic. Gains of around 10-20lbs during a ten week cycle are not uncommon. Highly recommended for the first time user and stacks well with almost any other steroid.
Summary; If you can get the genuine, brilliant. Can be stacked with Deca and or Cypionate for excellent results. The Russian variety is a very good choice here.

Pronabol 5 (methandienone)
At last a reliable replacement for the good old D'bol. Pronabol 5 is more or less the same but may be a little stronger in it's actions. This is definitely one of the most fastest up and coming steroids on the market, especially here in the UK. It is relatively androgenic and does aromatise, again the use of Nolvadex/Tamoxifen is recommended. Pronabol 5 is best used in any bulking/mass building program. Dosages are just the same as that of Dianabol.
Summary; Perfect first timers choice. Good gains with the genuine gear can be obtained without problems.

Primobolan Acetate (methenolone acetate)
This is available in two sizes which are 5mg and 50mg, the latter being the most available of late. It is very anabolic but has minimal androgenic qualities which makes it an ideal choice for pre-contest preparation. Very good for the ladies is this little beaut! Dosages used with good effects have been around 2-3 tablets per day, ladies 1-2 variable.
Summary; works well on cutting up programmes. Good choice for both sexes. Stacks well with Deca.

Winstrol/Stromba (stanozolol)
Another excellent first timers choice. This is a very safe one to use either on it's own or within in a stack. It is very low androgenic yet can promote favourable size and strength gains without much trouble. Little or no side effects with Winstrol. It is also known as Stromba but the genuine article is known as Winstrol Zambon, a product from South Africa. This comes in a grey-ish box with white and brown printing. The word WINSTROL is in brown, Zambon in white at the bottom. Available at the moment in 2mg tablet form. High dosages have been used simply because of it's low toxicity levels. Men around 12-15 per day and the ladies can get good results on around 4-6 per day, variable of course. This steroid is the solid form of a favourite of mine which is of course the injectable form. More on that later.
Summary: Recommended without doubt.

Ephedrine
A non steroid but nonetheless very much a booster to workouts, a genuine stimulant if you like. The pump that can be gained from this is quite amazing if taken about ½ to 1 hour before training. You can train with great intensity and increased concentration. Dosages that have worked have been between 2-4 pre workout.
Summary: Recommended but not for anyone who has any history of heart complaints. This can increase the heart rate temporarily which also leads to greater calorific burn ups. Good for dieting.

Nolvadex/Tamoxifen Citrate
Nolvadex & Tamoxifen are both estrogen antagonists and were initially developed for the treatment of breast cancer. It actually works by competing with estrogen for binding sights in target organs so that the estrogen is ultimately eliminated from the body in the faeces. It is most useful for bodybuilders in pre contest phases it eliminates all of the effects of aromatized estrogens caused by anabolic steroid use. It is also extremely effective in treating the old enemy, "bitch-tits". This is otherwise known as "gynaecomas-

tia". Signs are soreness of the nipples and of course the breast area swells quite a bit. Wolf whistle needed here, hee hee! Anyone on steroid therapy should be on Nolvadex or Tamoxifen throughout their cycle. Good results have been reported with many people on pre contest prep's, resulting in a much sharper physique. Dosages are around 10-20 mg per day.
Summary: Who wants "tits". Use it throughout, recommended - period!

Triacana (tiratricol)
This is a thyroid derivative but not nearly as drastic as it's counterpart, Thyroxine which I do not recommend, period. Triacana is widely used on the continent to treat obesity and is used here with great success for dieting purposes, competition phase or not. Use this moderately and you would find it a great aid to your diet. The dosages are quite strict, 1-2 tablets per day tops for NO MORE than one month at a time, then come off for at least two weeks, then you may resume the dosage again safely. The product to watch out for here is made by MEGENIX, white box with blue tag and black writing. This will guarantee genuinity.
Summary: This is a cutting up product and works very well indeed but it is fast becoming a rare product, grab some while you can from your source.

Clenbuterol (spiropent)
Well this has caused much excitement in the bodybuilding world, because it actually does what it says. It is actually used in the treatment of asthma and with it's use we were to find out that it's side effects were that it actually burnt off body fat and left the lean muscle. It exhibits a very powerful anti catabolic effect on the body and when your body is in a catabolic state you are going to make very little gains. Clenbuterol is one of the best fat loss aids that I have ever known. Used during a full cycle, Clenbuterol will make dramatic changes to your physique, helping with the conditioning especially. It will also increase your energy levels quite amazingly, especially when taken half an hour BEFORE training. Boom!! Use it during your time off between normal steroid cycles, say four weeks, and the normal losses that can be experienced will be a thing of the past. You know that losses of 20-35% are not uncommon. Not with Clenbuterol. There is much to say about this one, so much that I will be covering it again in the next publication. Anyone wish more info, in greater detail, please contact. Dosage for men vary but 2-3 per day, two days on and one off is the favourite at the time of writing.
Summary: Absolutely without doubt. Excellent also for strength and size if used in normal stacks as well as singularly. Careful if any heart trouble history etc.

Clomid
This product is actually used as a fertility drug but it's main job is an anti estrogen stimulant. It is similar to Nolvadex and Tamoxifen but the latter two are the most popular. However, I have used Clomid with great success in the past. Dosages around 50-100 mg per day would suffice easily.
Summary: Popular and still preferred by many.

Liv 52
This is a liver de-toxifier from India and it works just great. Recently I saw some for the first time, in a long time, and quickly snatched them up. They come in tubs of 100 and the dosage is 6-9 per day with zero side effects. This is not a steroid and is taken in order that the liver be protected from various hepatoxins and it also corrects liver dysfunction and damage whilst at the same time promotes appetite and growth. This is a genuine de-toxifier, not like some of the bullshit pretenders around at the moment.
Summary: Totally safe and highly recommended for anyone on steroids, especially those on high anabolic, high androgenic gear that tends to be quite toxic. No problem.

Injectables

Deca-Durabolin (nandrolone deconate)
This is without doubt one of the most popular steroids on the market today. It's benefits? Apart from promoting size and strength and with low androgenic properties, this steroid will assist all the joints and ease the pains that can be caused by overuse. Rheumatism sufferers particularly benefit from it's use. It is, and has been one of the main additions in any contest preparation as it will not aromatize so long as there is no more than 3ml taken in any seven day period, that is at 100mg per ml. Even if it did, the water retention is very low. It can also be stacked with almost any steroid on the market, anyone! The dosages that have proved to be successful up to now are around 2ml (200mg) in one week. This can of course be taken in the many different forms that Deca comes in i.e. 25mg, 50mg, 100mg & 200mg per ml.
This is easily counterfeited and so caution should be taken when looking for the Deca. The originals can be quite expensive but worth it when found. Oil based.
Summary; Excellent - 10 out of 10! Personal favourite, no problem.

Winstrol/Stromba inj
This is also an all year round favorite. Size and strength gains can be made with Winstrol without any of the problems of water retention. This is the injectable form of the Winstrol tablets, of course, but in my opinion, the

injectable is better. No messing around with tablets and also forgetting the little buggers as well!! Perfect for contest prep and the dosage at 50mg per day is the favourite at the moment. Look for the "Zambon" variety, you can be assured of it's 100% genuinity with this type. Comes in three ampoules per box, 50mg per jab. Water based, inject slowly and deep intra-muscularly.
Summary; Ranks among the best available. Very safe indeed.

Testosterone Cypionate
This has got to be one of the most popular OIL based size and strength builders in the world today. Very high in androgens (water-retaining) and very anabolic, guaranteed gains. Nolvadex/Tamoxifen with this product is a must. The dosages used today are around 200mg - 400mg per week. No problems reported, but watch out for counterfeits. Good one on the market to watch for Testan 100. Oil based.
Summary; If you want gains fast - cypionate is a good choice.

Sustanon 250 (propionate/isocaporate/decatonate/phenylpropionate)
This is a highly anabolic steroid (works directly on the muscle) that, due to the fantastic results reported, has grown in popularity so much, it has been incredible. It is a mixture of four different testosterones and therefore each one's water retaining properties has been "diluted" if you like. Size and strength, highly anabolic yet little water, great. Again, always best to introduce the Nolvadex etc to be sure. Dosages around 250mg every 8-10 days is the norm. This stacks very well with Deca and Pronabol (as described earlier) with many gains to look forward to. Has been counterfeited but that seems to have dissipated of late. The Russians have sent over some good Sustanon recently and of course the Indian and Pakistan types are always welcome. Inject Slowly.
Summary; Perfect stacker and if used early in a pre-contest run, will keep size for as long as is possible. Take out at least 6 weeks before show. Luv it!

Testex Propionate (Propionate & enanthate combo)
Very fast acting testosterone that at the moment is enjoying genuinity, yehaaa! Look for the Leo variety, guaranteed. Preferred by many when stacking on size programs. Dosages around 250-500mg per week give good results. Oil based
Summary; A preferred favourite of many. Somewhat of a specialists addition I feel.

Testoviron Depot (aka enanthate)
This has been around as long as me. Remember using this on it's own years ago. Boom! Good gains or what! Dosages are good around 1-2 per week, I

would not bother with any more than that but many do. It certainly gives good gains and again add Nolva & Tamox etc for safety and the bra-wearing will not be a problem-ahem! Oil based.
Summary; Went off the scene for a while only to be welcomed back. Look for the Schering brand, blue stripe on box. Excellent size builder, highly anabolic.

Trigeneric
This is actually injectable Dianabol and at the moment the only real one at that. It is growing in popularity yet is sometimes difficult to obtain I have heard. Can work out quite expensive as the dosages can be as much as 4-5 per week. It is water based and so it is in and out of the system quite fast.
Summary: Good choice for stacking. Gets a bit sore around the old bum area due to the amount of jabs needed. Okay if added to a stack, say a couple of shots per week.

Primobolan Depot (methenolone depot)
This is the only steroid that can actually work on a low calorific input. It is very low in androgens and is again perfect for contest preparation. Because of it's low toxicity, Primo dosages are around 2-3 amps per week (100 mg amps preferred). I would suggest only two as this has proven the best intake for quite a few years now. This is steroid that has eluded the counterfeiters for some time and the best one to aim for is the Schering type, 100 mg per ml. I have no doubt that they will "counter" it some time in the future. I hope that they test it on themselves, and miss!.
Summary: Known worldwide and as popular. Excellent for those who prefer low toxic steroids that will actually work. Perfect choice 8 weeks before the hols, yep!

H.C.G. (Gonadotrophin/pregnyl)
This is also known as Human Chorionic Gonadotrophin, now you know where they got the term "gonads". You learn something everyday - yawn. It is often used at the end of a steroid cycle to help "kick in" the bodies own testosterone production which can shut down slightly when testosterone or it's derivatives are administered. For instance, ever felt a real aching in the old "gonads" (I have when I kept my guard down with the wife), well that is when the testes (gonads) are begging for the H.C.G. Usually after a shot, all is well and the good old "thingy" will stand up proud again, the size equivalent to a babies arm with an orange in it's hand - phew! This is a highly recommended product for all who may experience problems. Always best to keep some to one side. I would! Dosages of around 1 per week in the last two to three weeks of a cycle, say weeks 9.10 & 11 after a ten week course. Take one after the course has fin-

ished. If it were up to them, every time we had a drink of water, we would be perfect for walking over the lawn to water it! Water based.
Summary; Highly recommended especially if your normal testosterone levels are high as it is. Have some in stock guys.

Drive (Boldone Undecylcenate & Methandriol Dipropionate)
This is fairly new to the market, especially the genuine anyway. It is a product out of the Australian camp, so it is a good job that we have to hold the bottle upside down anyway. It is used in conjunction with normal steroid cycling but it comes in to it's own when used as a steroid receptor "keeper opener". Sorry about that - ahem. It prevents the steroid receptor from shutting down to early and of course allows the body to continue on with it's growing process. If the receptors shut down, well, it is just a waste of money guys. Good stuff this but high dosages are needed, around 3-5 per week but good results have been reached on less. Oil based
Summary; Very good choice for low androgenic users who wish high anabolic results. Not bad at all, getting popular more every day without doubt.

Equipoise (bolenone undecylenate)
Some say that this is only best used during competition phase, no way. They also say that it is similar to Dianabol, no way. It is very similar in it's actions to Deca. This is oil based, low androgenic, low toxic and excellent for size gains - there! A colleague uses this stuff all year round and he grows without no problem, he even comes down on it for a show, no problem. Seems to stack well with Testoviron, Sustanon as examples. Dosages around 2-3 per week can be no problem reports have it. The Aussies have sent over an excellent version called Bol D Bol H, comes in a 10ml multi-dispenser - nice one cobba!
Summary; No problem with this one. Recommended if you can obtain it.

Thiomucase injectable
This product has taken some stick over the last few years, but I do not know why, it works quite well. It actually works by helping to disperse fat and water in localised areas which makes it a good choice for the comp people again and also for those of us wishing to get rid of a little more fat on the paunch eh! It is available in cream form as well but that is easily available and therefore easily counterfeited, get it! It is widely used over the continent especially on overweight women, need I say more. The results can be quite surprising if used with a good diet. 1-2 shots locally a couple of days per week, no problem. More in some cases.
Summary; It works well but use a very fine insulin needle for localised targeting.

The descriptions given are of some of the most popular steroids and non-steroids, oral and injectable, in general use today. It is by no means all of them. It would be quite pointless to go on and cause total confusion by blowing the minds of everyone by just explaining what all of them can do. Many of the books that have been available recently have done this and in my opinion it is just page filling. What they are doing is just totally confusing everybody with mass choice. Even though they SAY that they are not condoning the use of steroids (which is just a load of bollocks to start with) they are making the problem worse by introducing so many choices. The same principle applies if you would place a kid in a toy factory and say, "pick one dear". Same thing with us adults. We all want to be big or ripped, or for some of 'em big and ripped, but faced with so much bullshit we do not know our arse from our elbow! Result; we buy the damn lot and THEN we get problems. See my point!

Look. The steroids that have been described to you are the ones in use today. It is easy to find out what will suit you, ask yourself! Do you want size quickly? Then use the high anabolic, high androgenic gear. You may get water retention but if you follow the instructions i.e. use Nolvadex e.t.c. you will be more than okay. Also, do not exceed the stated dosages and you will again experience little or no side effects. If you wish slower gains with minimum water retention and low toxicity, then go for a couple of low androgenic gears, no problem. The normal practice is to combine the two, or three as in the suggested stack earlier. The choice is yours and remember, you have only to ask and I will help as best I can. No problemo!

If you are frightened of injections, then there are some excellent orals on the market. You will have no problems with them so long as you take all the necessary precautions. It is true, injections are slightly better for you as they are not as hard on the liver, but if you go for the extremely toxic orals AND abuse them, what do you expect! I prefer a combination of the two and that goes for most people. Again, ask!

Counterfeits

I am not going to waste much time on this at all. Why? I can tell you what has been counterfeited at the time of publication and believe it or not, they will change them again. Makes sense yeah? The only way to combat this is to offer help personally. I can advise you up to date run-downs of the types to watch for, I will also freely advise on tricks of the trade no problem. If I get one problem with any counterfeiter from anywhere in this country, then that will be

their problem. Publicity can be a very powerful thing and just think about all of the people you guys have done over the years, fancy a knock on your door from a couple of thousand very angry and yet quite big people. Tee hee! You guys can keep on with your counterfeiting as far as I am concerned, just keep the crap stuff from under my nose me old cock sparras.

I will tell you this though, there are what we call generic copies and some of them are as good as the real thing. In some cases better! I wish to make it known that there are some excellent generic Deca's around which were thought to be total crap at one time, but I have seen some of the best gains made on such things. These are produced under strict conditions and have proven themselves on many a staged competition. Remember this, the counterfeiter is out to make a quick buck, unfortunately they are doing it to their own. I would even wonder that they are one of OUR OWN to start with, it is a sad day for bodybuilding. If we had the unity we could do much better, without doubt! Ah well.

Summary finale

The advice and information that is given in this book is designed to help the individual choose his/her own path, it is in no way meant to mislead or misinform the reader, the choice is yours all the way baby. I have attempted to explain in basic terms, the up to date, no bullshit approach that must be taken in todays world of bodybuilding. My articles in the NO BULL magazine each month give testimony to that. I believe that you the reader should be told what is what, any other way is just asking for a kick in the pants. Many of you ask the questions but are not given the answers that you seek. Do you think that in itself is not dangerous. There are those who would wish to stop all aspects of bodybuilding, period. They do not understand, we do simply because we are involved in the sport daily and we treat all training aspects with respect, we train with a passion. If you do not then you had best take up something less taxing. I personally am involved in this sport almost 24 hours a day, I require very little sleep. I receive anything from 100 calls per day from people who wish to ask questions on not only steroid therapy but the simple basics. I am constantly trying to improve not only myself, but the sport in general, for many reasons.

You see I have been there. Competed with success, coached with even greater success, been ripped off, taken too much gear, taken to little (hee hee), studied, qualified and even cried about the bloody sport, many times. I have been through all that you can imagine. It is from the heart that I write this book and not like the bullshit, load of bollocks publications that I have seen of late.

Prove me wrong!

Let me tell you of one recent occurrence, one of which I would ask for your help. I need your support in order that I can help YOU! As I have said earlier, I am the Chief Correspondent to Britains leading bodybuilding magazine, BODY-BUILDING MONTHLY, a magazine that I have been with now for quite a few years. I love the damn thing, as do all of the other people involved. In the July issue of 1993, my editor and myself came up with the idea that because of all the letters that I **h**ave been receiving over the years it would be a great chance to give the readers something that they have been asking for years, a help line if you like. We did it and **"The NO BULL COLECTION"** was born. It was a tremendous success. I had wanted to do something like it for years and now it had come to pass, thanks to my editor who showed great courage. Within a few weeks we had one complaint, two tops, and they had been planted I firmly believe by someone in opposition to the mag. Pricks! Subsequently, W.H. Smiths and their associates threatened us with non-distribution of the mag if the article were not pulled out. That is Big Brother tactics that really pisses me off - period!

You the reader had already appreciated my honesty, wanted the truth and was getting it, no bull, how it should be. They now want us to stop it. I DON'T! I wanted to expose the companies that are ripping us of, the supplement sharks that dish out nothing but rubbish, you pay for that rubbish - why should ya? I also feel that there was a little influence there also, se la vie'. I would ask you if you prefer the truth? I think so too! You can help me kick the arses of these mothers. Please write to me at my home address which is featured in Bodybuilding Monthly and also MuscleMag International. Your thoughts would be much appreciated as this is a very important issue which should be dealt with. I would also like to announce my own publication in the near future, please look out for it, it will be quite controversial I can tell you - Phew! You will be able to obtain this at the place at which you purchased this book or direct from me - no problem.

Finally - honest. With regards to the training aspects involved with steroid therapy, it would be totally stupid of me to put a workout in this book and then say to you all, "this workout will guarantee results". NOT! It is pointless to put one down I feel for many reasons. Being in the coaching game for so long, I know what will work, but this has to be individualised and no other way.

One reader could be 20 stone, another 10, so why do other similar publications say that their particular system will work. MINE DOES! What I will do is invite

all of you to write to me or telephone at your leisure where I would be more than happy to give advise over the phone quite freely and answer any questions that you may wish to know. Not many can say that eh! I do know my carrots let me tell you. You are quite welcome.
I do hope that you have learned something with this book and you will also appreciate the fact that there was and is no need to add totally irrelevant material i.e. listings of explanations that mean totally zilch to anyone new to the sport, the fact that you can call will wipe out all need for that. Please watch out for more publications which I have coming out soon, believe me they will not be of the old ways. You know me - ahem. Take good care and make sure that you be careful out there. TRAIN HARD & BE STRONG!

Mick Hart

The End - or is it the beginning of a beautiful friendship? - Who knows?

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